

# SECOND ANNUAL REPORT

OF THE STATE OF THE

## UNITED

# LUNATIC ASYLUM,

FOR THE

COUNTY AND BOROUGH

OF

# NOTTINGHAM;

AND THE

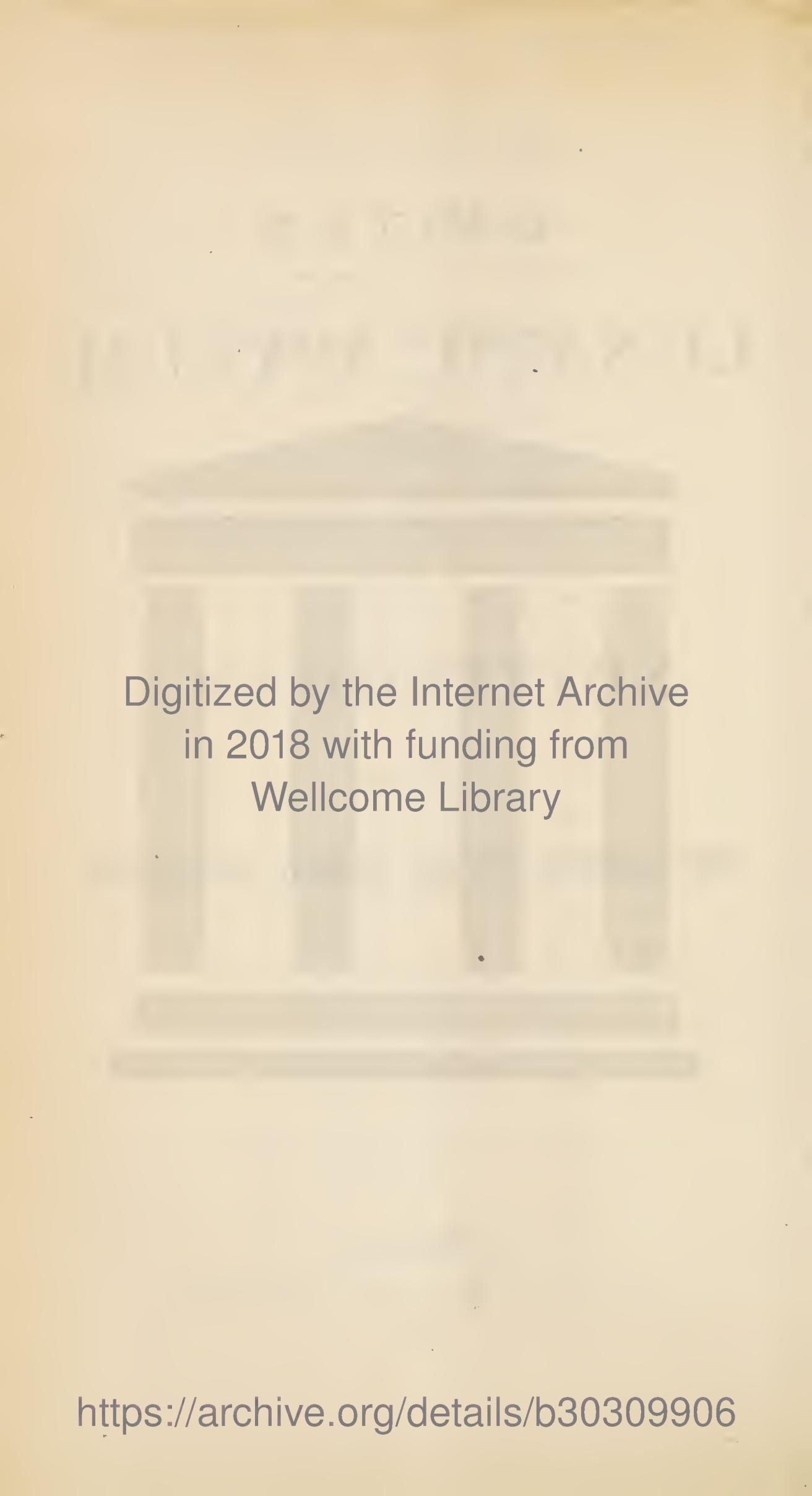
## FORTY-SEVENTH OF THE ORIGINAL INSTITUTION.

YEAR 1857.

NOTTINGHAM:

PRINTED BY J. WILDEY, ST. PETER'S CHURCH WALK.

1858.



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## OFFICERS FOR THE YEAR 1858.

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RICHARD BIRKIN, Esq., CHAIRMAN.

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## COMMITTEE OF VISITORS,

APPOINTED BY THE JUSTICES OF THE COUNTY OF  
NOTTINGHAM.

The Right Hon. Viscount Newark, M.P.  
Sir E. S. Walker, Knt.  
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The Rev. T. C. Cane.  
The Rev. G. F. Holcombe.

APPOINTED BY THE COUNCIL OF THE TOWN OF  
NOTTINGHAM.

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J. Brewster, Esq.  
T. Cullen, Esq.  
James Page, Esq.  
W. Page, Esq.  
J. Reckless, Esq.  
J. L. Thackeray, Esq.

## OTHER OFFICERS.

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TREASURER.....	H. SMITH, ESQUIRE.
RESIDENT PHYSICIAN AND SUPERINTENDENT	W. P. STIFF, M.B.
CHAPLAIN .....	REV. W. H. WYATT.
CLERK .....	MR. KEMP SANBY.
MATRON .....	MISS MATTHEWS.
STOREKEEPER .....	MR. TIPPET.

TO THE COMMITTEE OF VISITORS  
OF THE  
COUNTY AND BOROUGH LUNATIC ASYLUM,  
NEAR NOTTINGHAM.

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MY LORD AND GENTLEMEN,

In presenting the Report of this Institution for the year now brought to a close, I believe I shall be justified in saying, that notwithstanding the difficulties the Committee had to contend with at the commencement of the year, (owing partly to the negligence of the late Clerk, the unfinished state of the alterations in progress, such as the New Chapel, Kitchen, Store Rooms, and Working Department, the division of the duties of Clerk and Steward, and other minor changes), they have now got the whole Establishment in a more satisfactory state than it has been for some time; and have completed what many Gentlemen, who have taken a lively interest in this Institution for years past, have most ardently desired to see accomplished.

The new Rules and Regulations for the Government of the Asylum under its altered constitution have, after much time and attention been completed, printed, and are now in operation; every Visitor having had a copy forwarded to him.

As agreed in the early part of the year, the Office of Clerk and Steward has been divided, and found to be working to the satisfaction of the Committee, and benefit of the establishment.

The Kitchen, Bakehouse, Cooking Apparatus, Store Rooms, and other improvements are all completed and found highly beneficial, enabling the servants to discharge their duties with more comfort, in less time, and more economically.

The Chapel also which had so long been required, and urgently recommended by many Gentlemen (and especially by one, who is now no more), has been finished, and service regularly performed in it, and is found to answer admirably.

The outside stanchions have been removed from the windows, additional furniture provided for the galleries, with coir matting for the floor, and coloured prints for the walls. These alterations and additions have been effected at a small cost, and removed the jail-like appearance from the outside portion of the building, and added materially to the comfort and interest of the Patients in the interior.

There have been at times during the year more Patients in the Institution, than the number it is estimated to conveniently accommodate; but owing to the increased facilities for cooking and other arrangements, combined with the excellent management of the Superintendent, Dr. Stiff, no inconvenience has arisen from it. And should any arise, it can only be of a temporary character, as the new Voluntary Institution is fast progressing, when the second class patients, now thirty in number, will be removed.

In the early part of the year the Basford Union removed, on trial, twelve chronic patients, who had previously been certified as harmless by the medical officers, six of whom have since been returned; and out of fifty-nine removed to the different Unions, within the last three years, in accordance with the recommendations of the Commissioners in Lunacy, twenty have been returned.

It will be seen by the annexed analysis, and statement of accounts, that our financial position is much improved from last year, and that a saving has been effected in several of the largest articles of consumption, while the daily average of patients has been twenty-three more, viz.—in 1856 there were 216, and in 1857, 239; patients, particulars of which will be found in the Medical Report. This improvement, no doubt, has arisen from the following causes:—First, the accounts which had not been sent out regularly by the late clerk, nor collected promptly, caused us to be indebted to the Treasurer £444, 6s. 6d.; whereas, after payment of all the accounts due to the 31st of December, 1857, there is now a balance of £171, 5s. in the Bank, in favour

of the Institution. Secondly, the improved system of distributing the food with a trifling reduction in the dietary, viz., less bread and cheese; and some articles are now rather lower in price, such as flour, and malt, than at the commencement of the year. These, with other minor savings I find have reduced the cost of maintenance to a little under 8s. 3d. per head, and I have no doubt it may be safely recommended to the Visitors for the ensuing year, to reduce the charge from 10s. to 9s. for males, and 9s. to 8s. for females, or 8s. 6d. for each, charging private patients as heretofore, as they have additional comforts.

Before concluding this report I feel called upon to notice the very interesting concert that took place in the Laundry, at Christmas, for the patients, more than 180 of whom were present, and at which I attended. The room was beautifully decorated by Miss Matthews, the matron; and all attendants and domestics exerted themselves to minister to the pleasure and comfort of the inmates. To witness how heartily all present joined in the festivities, afforded me a pleasure I little expected, and only regretted that the whole of the Visitors were not present, to see at what a trifling cost so large an amount of pleasure could be afforded.

There are now only one or two trifling alterations, to which I feel anxious to call the attention of the Committee for the ensuing year, viz., the repairing of the garden walls; boundary walls to be pointed; airing court walls removed, or lowered, and a new wall to be built near Wagstaff's land: besides these I am not aware of anything more that requires to be done to make the Nottingham County and Borough Lunatic Asylum equal to any similar establishment in the kingdom, possessing, as it does with other advantages, ample land for labour and recreation, with every convenience for supervision and economical management.

I am, my Lord, and Gentlemen,

Your obedient servant,

RICHARD BIRKIN,

CHAIRMAN.

January 20, 1858.

GENERAL STATEMENT OF THE RECEIPTS AND PAYMENTS ON ACCOUNT OF THE

NOTTINGHAM COUNTY AND BOROUGH LUNATIC ASYLUM,

From 1ST JANUARY to 31ST DECEMBER, 1857.

RECEIPTS.

	£	s.	d.		£	s.	d.
Balance in Clerk's hands 1st January, 1857	86	12	6	To Balance due to Treasurer 1st January, 1857	44	6	6
From County Treasurer for Fabric Expenses of 1856	506	6	7	To Ordinary Maintenance	3964	11	6½
From Borough Treasurer for New Buildings	519	19	11	To Salaries and Wages	1070	14	11½
From Voluntary Subscribers for Private Patients	1300	8	7	To Clothing	394	4	3½
From County and Unions in the County for Pauper Patients	4143	1	3		5429	10	9½
For Pauper Patients from the Borough	1123	13	7	Repairs to Building, and Items chargeable to the County and Borough on Completion and fitting up of new Chapel and Kitchen	876	10	0
	5266	14	10		979	0	1
From Sale of Pigs	130	14	3	Total payments..	7729	7	4½
Bricks	127	3	0	Balance in Treasurer's hands	171	5	0
Dripping	1	19	4	Clerk's	39	5	4½
Hay and Corn	14	17	6	Storekeeper's,,	32	15	10
Rags	1	5	0		243	6	2½
Old Stores	16	12	1		7972	13	7
	292	11	2				

PAYMENTS.

J. PAGE,  
THOS. CULLEN.

Audited by

## ASSETS AND LIABILITIES.

Due by Voluntary Subscribers for Private Patients, December 31,	£	s.	d.	£	s.	d.	£	s.	d.
1857 .....	334	16	4				1000	0	0
“ Parishes in County and Borough for Pauper Patients, December 31st, 1857 ..	1528	14	6				500	0	0
Due from County of Nottingham for Repairs to Building, &c., 1857 .....	584	6	8						
Due from County for excess of expenditure on account of new Chapel and Kitchen .....	46	0	2				630	6	10
Due from Borough of Nottingham for Repairs, &c., 1856 ..	253	3	4						
“ 1857 .....	292	3	4						
Excess of Expenditure for Chapel .....	23	0	1				568	6	9
Balance in Treasurer's hands on the 31st December, 1857, after pay- ment of all the Accounts for the year .....	171	5	0						
Balance in Clerk's hands .....	39	5	4½						
Storekeeper's hands .....	32	15	10						
	243	6	2½						
Balance in favour of the Asylum									
	1805	10	7½						
	3305	10	7½						

## NEW CHAPEL AND KITCHEN ACCOUNT.

RECEIPTS AND PAYMENTS DURING THE YEAR 1857.

	£	s.	d.	£	s.	d.
Balance in hand from 31st December, 1856	..	389	19	11	Amounts paid as per statement	..
Received from Borough of Nottingham	..	519	19	11		
Balance over paid	..	..	69	0	3	
				979	0	1

THE TOTAL RECEIPTS AND EXPENDITURE FOR NEW CHAPEL AND KITCHEN.

Audited by J. PAGE,

THOS. CULLEN.

## DETAILS OF PAYMENTS.

## ORDINARY MAINTENANCE.

## PROVISIONS.

	£	s.	d.	£	s.	d.
Ale, 126 gallons 1s. 6d. to 1s. 10d.	10	13	0			
Apples and Fruit	1	19	6 $\frac{1}{2}$			
Arrow Root, &c.	1	9	11			
Bacon, 233 $\frac{1}{2}$ lbs. 8 $\frac{1}{4}$ d. to 10d. per lb.	8	0	9			
Bread, 2756 stones, 2s. 2d. to 2s. 3d.	305	2	0			
Butter and Lard, 3092 lbs, 11 $\frac{1}{2}$ d. to 1s. 6d. per lb.	191	9	4 $\frac{1}{2}$			
Cheese, 36 cwt. 1qr. 2lbs. 63s. to 75s. per cwt.	127	10	10			
Coffee, 684 lbs. 13 $\frac{1}{4}$ d. to 20d. per lb.	45	10	0			
Chicory, 72 lbs. 4d. to 6d. per lb.	1	9	6			
Currants, 166 lbs. 8d. to 10d. per lb.	6	10	6			
Eggs	7	7	10			
Fish, Poultry, &c.	2	16	4 $\frac{1}{2}$			
Flour, 206 sacks 45s. to 50s. per sack	468	17	0			
Hops, 757 lbs. 8d. to 9d. per lb.	27	4	6			
Malt, 91 qrs. 2 bu. 67s. to 76s. per qr.	336	4	6			
Barm	2	5	4			
Brewer and Baker's wages	22	18	2 $\frac{1}{2}$			
Lemons and Oranges	1	1	1			
Meat, 2834 st. 7s. 7d. to 8s. per stone	1118	10	0			
Milk, 6150 gallons at 7d.	179	5	0			
Oatmeal, 320 st. 2s. to 2s. 7d. per st.	34	15	10			
Peas, 5 sacks 40s. to 41s. per sack	10	1	0			
Potatoes, 72 sacks, 10s. 6d. to 14s. per sack	45	6	9			
Raisins, 35 lbs. 10d. to 12d. per lb.	1	11	6			
Rice, 91 stones, 3s. to 3s. 4d. per stone	14	6	8			
Sugar, loaf, 266 lbs. 6 $\frac{1}{2}$ d. to 7 $\frac{1}{4}$ d. per lb.	8	10	3			
Sugar, raw, 36 cwt., 51s. 4d. to 60s. 6d. per cwt.	100	11	10			
Tea, 667 $\frac{1}{2}$ lbs. 3s. 1d to 5s. per lb.	104	8	4			
Tobacco, 160 $\frac{1}{2}$ lbs. 3s. 5d. to 3s. 8d. per lb.	28	1	0			
Pipes	0	16	9			
Treacle	4	2	0			
Vegetables	0	10	3			
Vinegar, Salt, Mustard, Pepper, Spices, &c.	20	8	0			
	3239	15	5			

## WINE, SPIRITS, AND PORTER.

			£	s.	d.	£	s.	d.
Wine	...	...	...	5	12	0		
Spirits	...	...	...	7	13	6		
Porter	...	...	...	13	6	0		
							26	11
								6

## NECESSARIES, FUEL, LIGHTING AND WASHING.

Candles, Dip, 17doz. lbs.	6s. 8d. to 8s. 2d.	6	10	11
“ Moulds, 3lbs., 11d.	...	0	2	9
Coals, 294 tons, 7s. 9d. to 8s. 6d.	...	119	19	9
“ soft, 28 tons, 10s. to 12s. 6d....	15	9	4	
Cobbles, 536 tons, 5s. 9d. to 6s.	...	156	11	11
Chimney Sweep	...	3	0	0
Gas Rent	...	74	1	11
Gas Fittings	...	3	3	8
Oil for Engine, &c.	...	4	7	5
Soap, 46cwt. 2qrs. 14lbs., at 30s. 6d.	71	2	0	
“ White, &c. 72lbs., 5d. to 1s. ...	2	9	1	
Soda, 13cwt. 2qrs. 14lbs., 7s. to 10s.	6	2	1	
Starch and Blue	...	7	5	3
Firewood and Matches	...	4	3	1
Water Rent	...	17	7	9
Sundries, as Blacklead, Turpentine, Whiting, Cotton Waste, Oil, Saw- dust, &c.	...	12	10	4
			504	7
				3

## SURGERY AND DISPENSARY.

Drugs	...	...	...	19	18	4
Leeches	...	...	...	0	9	5
				20	7	9

## MISCELLANEOUS.

Advertisements, Printing, Postage, Stationery, &c.	...	...	50	2	3½
Books, Periodicals, News, &c.	...	18	16	6	
Patients Amusements	...	1	3	3	
“ out on trial	...	1	0	0	
Recapture of Patients	...	0	17	0	
			71	19	0½

## GARDEN EXPENSES.

Pigs	...	...	...	29	15	6
Implements	...	...	...	8	16	10
Labour, two Gardeners	...	...	57	1	6	
Seeds	...	...	...	5	16	9
				101	10	7

## SALARIES AND WAGES.

		£	s.	d.	£	s.	d.
Resident Physician & Superintendent	320	0	0				
Chaplain ...	...	70	0	0			
Matron ...	...	60	0	0			
Clerks and Clerk pro tem.	...	65	9	2			
Storekeeper from May	...	26	7	0			
Attendants, 7 Male and 7 Female	...	306	16	7			
Servants, in-door	...	127	1	0½			
Lodge Porter	...	26	0	0			
Occasional	...	8	7	6			
Male Attendants' Uniform	...	17	10	0			
Female ditto	...	8	8	11			
Male Attendants, Night Duty	...	34	14	9			
					1070	14	11½

## FUNERAL EXPENSES.

Coffins	...	...	...	7	4	0	
Bearers	...	...	...	6	0	0	
Burial Fees	...	...	...	3	0	0	
					16	4	0

## CLOTHING.

Bonnets and Caps	...	...	...	0	9	6	
Braces	...	...	...	2	13	0	
Calico	...	...	...	14	17	2½	
Shirting	...	...	...	1	5	8	
Drabett	...	...	...	14	9	10	
Flannel and Tweed	...	...	...	1	4	0	
Hats and Caps	...	...	...	10	9	0	
Handkerchiefs and Stocks	...	...	...	10	10	6	
Muslin	...	...	...	0	18	0	
Print and Gingham	...	...	...	15	18	8	
Men's Clothing	...	...	...	74	10	0	
Tailor's Wages	...	...	...	31	4	0	
Shoes	...	...	...	167	10	2	
Hosiery	...	...	...	14	9	5½	
Smallwares	...	...	...	14	0	8½	
Thread, Cotton, Tape, &c.	...	...	...	3	10	7	
					378	0	3½
Total	...				5429	10	9½

## ORDINARY FABRIC CHARGES.

## FURNITURE, BEDDING, &amp;c.

Baskets	...	...	...	2	15	9
Blankets	...	...	...	24	18	0
Brushes, Door Mats, Mopping, &c.	...	45	19	9½		

## FURNITURE, BEDDING, &amp;c., CONTINUED.

		£	s.	d.	£	s.	d.
Carpets, Matting, &c.	...	47	18	6 $\frac{1}{2}$			
Clocks, and Cleaning	...	5	16	6			
Chairs, Tables, Mangle, &c,	...	22	16	3			
Curtains ...	...	0	15	2			
Cooperage	...	5	0	8			
Cookery ...	...	22	1	6			
Culinary, and other Utensils	...	19	10	7			
Sheeting ...	...	27	14	1			
Pillow Cases	...	2	10	0			
Straw, Twine, &c., for Bedding	...	12	11	6			
Tick, and Canvass	...	29	6	3			
Towelling ...	...	11	6	11			
Sundries ...	...	6	5	5 $\frac{1}{2}$			
					287	6	11 $\frac{1}{2}$

## BUILDING REPAIRS.

Architect ...	...	...	21	0	0		
Blacksmith	...	...	25	13	1		
Bricklayer	...	...	120	8	2		
Carpenter	...	...	81	19	8		
Cartage ...	...	...	2	18	9		
Engine Repairs	...	...	36	1	0		
Gas Tar ...	...	...	12	5	0		
Glazier ...	...	...	16	13	9		
Insurance ...	...	...	6	6	0		
Ironmonger	...	...	49	11	10 $\frac{1}{2}$		
Painter, and Paint	...	...	16	5	3 $\frac{1}{2}$		
Plumber ...	...	...	41	0	4		
Stonemason	...	...	19	7	5		
Timber ...	...	...	25	10	9 $\frac{1}{2}$		
Whitewasher, and Walls scraping	...	...	63	19	0		
Miscellaneous	...	...	11	18	5		
Rates and Taxes	...	...	38	4	6		
						589	3 0 $\frac{1}{2}$
	Total	...				876	10 0

## NEW CHAPEL AND KITCHEN.

Remaining part of Contract	...	545	0	0
Extra Work ...	...	99	2	0
Ironfounder and Blacksmith	...	150	4	4
Stonemason ...	...	35	5	0
Plumber ...	...	11	2	11
Gas Fittings, and Warming	...	11	17	0

## NEW CHAPEL AND KITCHEN CONTINUED.

		£	s.	d.	£	s.	d.
Bakehouse Fittings	...	...	40	10	0		
Ironmonger	...	...	10	7	4		
Cushions	...	...	0	11	6		
Architect	...	...	75	0	0		
						979	0 1

N.B.—The present weekly rate of maintenance for Pauper Patients is 9s. for Men, 8s. for Women

Average weekly cost for Maintenance, Medicine, Clothing, and Care of Patients, during the year 1857.

		s.	d.	
Provisions	...	5	2	
Clothing	...	0	7	
Salaries and Wages	...	1	8	
Necessaries, Fuel, Light, Washing, &c.	...	0	9	
Surgery and Dispensary	0	0	$\frac{1}{2}$	
Wine, Spirits, and Porter	0	0	$\frac{1}{2}$	
Garden and Farm	...	0	2	
Miscellaneous	...	0	1	
		8	8	
Less Receipts from Sales of Produce, &c.	...	0	5 $\frac{1}{2}$	
Total average weekly cost per Head	...	8	2 $\frac{1}{2}$	

Plus by fractions, 2d.

REPORT OF THE SUPERINTENDENT  
OF THE  
ASYLUM FOR THE COUNTY AND BOROUGH OF  
NOTTINGHAM, FOR THE YEAR 1857.

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TO THE COMMITTEE OF VISITORS.

MR. CHAIRMAN, MY LORD AND GENTLEMEN,

At the close of the year 1856, there remained in the Asylum 120 men and 103 women—223 Patients. During 1857, 86 have been admitted, viz. :—37 men and 49 women, making a total of 309 under care and treatment during the year. Of these 9 men and 19 women—28 have been discharged recovered ; 9 relieved ; 2 not improved ; and 23 died ; leaving a remainder of 130 men and 117 women.—Total 247 on 31st Dec., 1857.

This is an increase of 24 Lunatics. The men are still more numerous than the women, and exceed the accommodation prescribed for them. The number of beds allotted to them is 124, to the females 126, 250 being considered full.

There are now no patients of the first class in the Asylum, the last, a female, died in December, after a residence of 38 years, 8 months, and 17 days.

There are 30 private patients of the second class, 23 of whom receive aid from the Voluntary Subscribers. These await the completion of the New Lunatic Hospital. The public patients chargeable to Parishes, &c., number 217.

The daily average number resident during the year was 239.08. The recoveries amount to 32.5 per cent., on the admissions ; the deaths to 9.6 per cent. on the daily average number resident. Of the 28 patients cured, 25 left the Institution within a year after their admission. Of the remaining 247 not more than 31 are deemed curable.

With a view to relieve the pressure in 1855, 1856, and 1857, 59 harmless chronic Lunatics were transferred to their respective Workhouses ; 20 of them have already been returned as unmanageable. I understand that some of the others have given trouble to the authorities. The experiment has relieved the Asylum temporarily, but these results tend to discourage its repetition upon the same scale.

Some improvements in the Galleries calculated to increase the comfort of the patients will be recognised by the Visitors, and for several months the new offices have been appropriated to their several uses.

The sanitary state of the Asylum has been satisfactory ; nevertheless, the first patient admitted last year gave great cause for alarm.

Fever was rife at the village of Barnby-in-the-Willows, and the wife of the patient sent in had just recovered from it. Soon after admission, symptoms of typhus were observed, accompanied by furious delirium. I deemed it prudent to recommend the Visitors to permit his removal to the Fever Ward, in connexion with the County Infirmary, which was accordingly effected. The first night of his stay there, he became so violent and unmanageable, that I was requested to remove him on the following day. He returned to the Asylum, and recovered after a time. Not so, however, two robust patients who inhabited the same gallery, they sickened of fever and died ; the disease in one case presenting an unusual symptom of putridity, namely, hospital gangrene of the nose. One of the attendants upon the first patient experienced an ephemeral attack. Fortunately, the infection did not extend beyond this.

It is in the power of the Visitors under the 53 Section of the Lunacy Act, to exclude from admission, persons afflicted with any infectious disease, and persons coming from any district in which any such malady may be prevalent. A grave responsibility would however attach to any Superintendent who should recommend such a step in a case where a difference of opinion might exist as to the nature of the disease, or where the patient was intractable from furious delirium, or likely to succumb from want of care. In order to provide in a satisfactory manner against similar contingencies, it would be necessary to provide increased accommodation for this class of cases.

The heading of important occurrences of the year may be briefly disposed of. There have been no inquests ; no serious accidents ; no mechanical restraints employed. In making the last statement, I wish particularly to guard myself against being supposed to advocate the extreme views which have been promulgated amongst the public respecting their use :—“ that restraint is never necessary, never justifiable, and always injurious in all cases of Lunacy whatever.” It is useful occasionally to refer to the state of medical opinion bearing upon points connected with the treatment of insanity. Extended enquiry and observation have led to the general abandonment of the extreme dictum just quoted. My doubts respecting its propriety were confirmed by experience in 1855—6. A patient who had endeavoured to

drown himself before admission, made further attempts after admission to destroy himself by hanging, by strangulation, by swallowing pins, by self mutilation when taking exercise, by dashing his head against walls, by tripping himself up when arm in arm with attendants so as to produce concussion, by refusal of food for weeks, and after compulsory feeding, by exciting vomiting by means of his fingers, so as to eject the food, &c. After having exhausted every means of treatment, short of restraint, including special watching, it was deemed impossible to keep him alive without it. Restraint was then employed, and in a short time the patient recovered and returned home. In a somewhat similar case which occurred soon after, a more recent mode of treatment was adopted :—the system of out-door exercise under supervision. This patient destroyed himself on the first day of the experiment.

I am even disposed to admit that restraint might have been employed with benefit during the past year. One patient, violent, destructive and remarkable for her cunning and mischievous propensities, became a source of almost incessant torment and occasionally of danger to her fellow patients, for several months, which a slight amount of restraint would have remedied.

Other cases intractable to ordinary management and therapeutic remedies, have been recorded in some recent reports to the Visitors of several County Asylums. Emanating from disinterested and able practitioners they are worthy of consideration, more especially as there is a disposition to ignore their occurrence.

At the Hants County Asylum, a woman entirely destroyed her eyesight in a fit of despondency. Personal restraint was then found to be necessary, every precaution short of this had been used previously and failed.

At the Kent County Asylum, it was found necessary to impose restraint on a man to prevent violence to others. His conduct for seven weeks was an almost unbroken series, daily repeated, of violent assaults, knockings down, kickings, &c. of attendants and fellow patients. His morbid impression was, if he could only kill some one, he should get through it. It required 5, 6, and 7 attendants to hold this man during the various services necessary to be performed during the day. At this Asylum, restraints were also employed to secure the recumbent position in a patient who maintained the erect posture, producing emaciation, swelling, and signs of impending death. Another patient pulled out five of her teeth, and restraint was employed to stop her unceasing attempts to remove more.

At the Norfolk Asylum, cases requiring restraint are recorded to prevent maniacal violence, removal of dressings to ulcers, and re-opening of self inflicted wounds.

At the Birmingham Asylum, where restraint had not previously been thought of, to protect the patient from self violence.

At the Leicester County Asylum, to prevent a patient picking off the dressing after an operation for cataract.

The number of these examples might be extended.

A bare enumeration of the principal contrivances or substitutes recommended in lieu of restraint, will show that they are insufficient to meet all cases, and that their ordinary use is attended with a certain amount of risk or disadvantage.

1. Prolonged shower baths ; cold baths.
2. Seclusion or solitary confinement in a chamber, cell, or padded room.
3. Stupefying doses of opium, morphia, chloroform ; depressing remedies, as tartar emetic.
4. Peculiar dresses made of sacking or canvas, bound with leather and fastened with padlocks.
5. Manutention ; and forcibly overpowering the patient by numerous attendants.
6. Unceasing inspection.
7. Exhausting the patient physically by exercise, and encouraging the paroxysm to work itself off.

In conclusion, I believe that the enforcing of any absolute system of treatment upon medical men, would be detrimental to the progress of this branch of the medical art ; and that in practice, an opinion lately expressed by a writer in the *Quarterly Review* will be found to be a safe one :—“ that there can be no doubt that the treatment which requires the frequent use of restraints is a bad one, but to deny that there are cases which call for their use would be to deny the evidence of our senses.”

The usual statistical details are appended to this report.

I have the honor to be,

Mr. Chairman, my Lord, and Gentlemen,

Your obedient Servant,

W. PHILLIMORE STIFF, M.B.,

SUPERINTENDENT AND RESIDENT PHYSICIAN.

Snenton, January 20, 1858.

## MEDICAL STATISTICS

FOR THE YEAR ENDING DECEMBER 31, 1857.

*Table showing the general results of the Year.*

			Male.	Fem.	Total
Patients remaining December 31st 1856		...	120	103	223
Patients admitted during 1857	...	...	37	49	86
<b>Total under Treatment</b>	<b>...</b>	<b>...</b>	<b>157</b>	<b>152</b>	<b>309</b>
		Male	F em.	Total	
Discharged recovered	...	9	19	28	
Ditto relieved	...	3	6	9	
Ditto not improved	...	2	0	2	
Dead	...	13	10	23	
		27	35	62	
Remaining December 31, 1857	...	...	130	117	247

*Classification of Patients in the Asylum.*

			Male.	Fem.	Total.
Private Patients, Second Class	...	...	14	16	30
Paupers of the County	...	...	93	63	156
Criminals of the County	...	...	1	3	4
Paupers of the Town	...	...	19	30	49
Criminal of the Town	...	...	1	0	1
Borough of Newark Patients	...	...	2	5	7
			130	117	247

Daily average number of Patients 239.08

Table showing the alleged Causes of Insanity in the Admissions during 1857.

MORAL.			PHYSICAL.		
Domestic Troubles	...	6	Hereditary, sole cause	...	12
Desertion	...	3	Intemperance	...	8
Death of Relatives	...	5	Previous Attacks	...	5
Over Study	...	2	Blows on the Head	...	4
Religious Excitement	...	2	Congenital	...	4
Jealousy	...	1	Apoplexy	...	3
Disappointed of Money	1		Epilepsy	...	3
		20	Typhus	...	2
			Puerperal State	...	2
			Change of Life	...	1
			Age	...	1
			Brain Fever	...	1
			Hysteria	...	1
			Poverty	...	1
					48

Not assigned, 18. Total, 86. Hereditary predisposition ascertained in three other cases.

Table showing the length of Residence of Patients who have recovered.

			Male.	Fem.	Total
Under two months	...	...	2	0	2
„ three months	...	...	0	4	4
„ four months	...	...	2	4	6
„ five months	...	...	1	3	4
„ six months	...	...	2	0	2
„ seven months	...	...	0	2	2
„ nine months	...	...	1	1	2
„ ten months	...	...	1	1	2
„ twelve months	...	...	0	1	1
„ one year and a quarter	...	...	0	2	2
„ nine years	...	...	0	1	1
			9	19	28

Table showing the causes of Death.

				Male.	Fem.	Total
Asthma	...	...	...	...	2	0
Age	...	...	...	...	1	0
Age and Exhaustion	...	...	...	...	1	0
Bladder, Disease of	...	...	...	...	1	0
Bronchocele	...	...	...	0	1	1
Cancer of the Breast	...	...	...	0	1	1
Epilepsy	...	...	...	0	1	1
Exhaustion Maniacal	...	...	...	1	1	2
Gangrene Pulmonary	...	...	...	0	1	1
Heart, Disease of	...	...	...	0	2	2
Liver, "	...	...	...	0	1	1
Paralysis (Apoplexy)	...	...	...	0	1	1
Paralysis General	...	...	...	5	0	5
Pleurisy	...	...	...	0	1	1
Typhus	...	...	...	2	0	2
				13	10	23

Table showing the Ages at Death.

				Male.	Fem.	Total
Above 10 and under 20 years	...	...	...	0	1	1
,, 20	,,	30	,,	1	0	1
,, 30	,,	40	,,	1	3	4
,, 40	,,	50	,,	5	1	6
,, 50	,,	60	,,	2	1	3
,, 60	,,	70	,,	0	3	3
,, 70	,,	80	,,	2	1	3
,, 80	,,	90	,,	2	0	2
				13	10	23

Table showing the length of Residence of Patients who have Died.

				Male.	Fem.	Total
Under one month	...	...	...	2	1	3
,, two months	...	...	...	2	0	2
,, three months	...	...	...	0	1	1
,, five months	...	...	...	1	0	1
,, six months	...	...	...	1	1	2
,, eight months	...	...	...	1	0	1
,, nine months	...	...	...	0	1	1
,, eleven months	...	...	...	1	2	3
,, two years	...	...	...	1	1	2
,, three years	...	...	...	2	0	2
,, four years	...	...	...	0	1	1
,, eleven years	...	...	...	0	1	1
,, fourteen years	...	...	...	1	0	1
,, twenty years	...	...	...	1	0	1
,, thirty-nine years	...	...	...	0	1	1
				13	10	23

*Statistics relating to Private Patients (the numbers included in the foregoing Tables.)*

			<i>Male.</i>	<i>Fem.</i>	<i>Total</i>
Remaining December 31, 1856	...	...	16	15	31
Admitted since, Second Class only	...	...	4	5	9
 Total	...	...	20	20	40
 Discharged	Recovered	...	2	2	4
„	Relieved	...	1	1	2
„	Not Improved	...	2	0	2
„	Dead	...	1	1	2
			6	4	10
Remaining on the Books December 31, 1857			6	4	10
			14	16	30

## PAUPER DIETARY.

## BREAKFAST.

	MALES.	FEMALES
<i>Every Day.</i>	Milk Porridge or Coffee, with 4oz. of Butter for 12 Patients $1\frac{1}{4}$ pt. Bread ... ... 7 oz.	Tea or Coffee 1 pt. Butter for every 12 Patients 4 oz. Bread ... 6 oz.

## DINNER.

<i>Sunday and Wednesday.</i>	Cooked Meat free from Bone ... 6 oz. Bread ... ... 4 oz. Vegetables ... 16 oz. Beer ... ... $\frac{1}{2}$ pt.	5 oz. 4 oz. 12 oz. $\frac{1}{2}$ pt.
<i>Friday.</i>	Meat in Pie, free from Bone ... 5 oz. Pie Crust ... 10 oz. Potatoes, sliced 12 oz. Beer ... ... $\frac{1}{2}$ pt.	4 oz. 8 oz. 8 oz. $\frac{1}{2}$ pt.
<i>Monday. and Thursday.</i>	Pease Soup, or Irish Stew .. $1\frac{1}{4}$ pt Bread .. ... 6 oz. Beer .. ... 1 pt.	$\frac{1}{2}$ pt. 5 oz. 1 pt.
<i>Tuesday.</i>	Rice Pudding .. 16 oz. Bread .. ... 6 oz. Cheese .. ... 1 oz. Beer .. ... $\frac{1}{2}$ pt.	12 oz. 5 oz. 1 oz. $\frac{1}{2}$ pt.
<i>Saturday.</i>	Suet Pudding .. 16 oz. Treacle Sauce .. 2 oz. Beer .. ... $\frac{1}{2}$ pt.	12 oz. $1\frac{1}{4}$ oz. $\frac{1}{2}$ pt.

## SUPPER.

<i>Every Day.</i>	Bread .. ... 6 oz. Cheese .. 1 oz. Beer .. ... $\frac{1}{2}$ pt. Or Milk Porridge or Tea .. $1\frac{1}{2}$ pt	Bread .. 5 oz. Butter for every 12 Patients 4 oz. Tea .. 1 pt.
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Irish Stew made of Meat, Potatoes, Vegetables, Herbs, &c.

Beer, 14 Gallons to the Bushel.

Regular Workers in the Garden, Laundry, &c., have at 11, a.m.. Bread, 4 oz., Cheese, 1 oz., Beer,  $\frac{1}{2}$  pint; at 4 p.m., Beer  $\frac{1}{2}$  pint.